

## **Historic, archived document**

Do not assume content reflects current scientific knowledge, policies, or practices.



ilr2  
9  
13 HH  
HOUSEKEEPERS' CHAT

Friday, July 10, 1931.

NOT FOR PUBLICATION

Subject: "Frozen Desserts for Hot-Weather Meals." Information from the Bureau of Home Economics, U.S.D.A.

Bulletin available: "Ice Cream Frozen Without Stirring."

-----

"Unless I miss my guess, we're in for a hot-week end," said Uncle Ebenezer "I don't know what the weather man has predicted, but I'll bet that Sunday is going to be a regular scorcher."

"In that case," I said, "I'll just go over and ask the Menu Specialist if she won't plan a Sunday dinner suitable for a hot day."

"Goodie," said Betty Jane. "Ice cream is what I want on a hot day."

"Iced tea is what I want," added Cousin Susan. "Iced tea with sprigs of fresh mint from the garden and thin slices of lemon."

"I'm going to be modern and vote for an icy tomato juice cocktail to start the meal off," said Uncle Ebenezer.

So here's the meal for Sunday with suggestions from different members of the household incorporated. Let's write the menu just as the Menu Specialist gave it to me: Tomato Juice Cocktail; Breaded Veal Cutlets; Wax Beans; Parsley Buttered Potatoes; Small Spring Onions and Radishes; Iced Tea with Mint; and for dessert, Fresh Berry Mousse and Angel Cake.

That's quite a long menu. Perhaps I'd better repeat it. (Repeat)

The tomato juice cocktail should be well chilled, as Uncle Ebenezer suggested. It should be so cold that when it appears on the table there will be a frosty look to the outside of the little glasses in which it is served. If you use this delicious, handsome and wholesome beverage often, it is economy to make up enough for several meals and keep it in jars in the refrigerator.

Directions for making it? You have the recipe right there in your notebook, for I gave it to you not very long ago. I knew you would find it. A good recipe to keep in a very convenient spot because it suits both summer and winter meals. Of course, it is in our new radio recipe book. When your copy arrives, you'll find tomato juice cocktail right at the bottom of page 60.

How I am enjoying being able to talk about the new green cookbook and having the satisfying thought that there is a big supply on the shelves ready to go out in answer to every one of your requests.



But to return to the menu. Now about those wax beans that go with the cutlets and the parsley buttered potatoes. One of the blessings of modern times is the snap bean. This is the modern successor to string beans-- and one of the best labor-saving devices for the housewife. I hate to think how many hours women used to spend pulling the strings off the old-fashioned string beans. That's just another chore that has been relegated to the dark ages of house-keeping. No excuse for strings on beans today, whether they are the green or the light-colored wax variety that are grown on poles. The latter are the kind we are having on Sunday.

At Betty Jane's suggestion, we are having a frozen dessert - fresh strawberry mousse, one of the ice cream varieties that can be frozen without stirring. Since the advent of the mechanical refrigerator, this kind of ice cream has become especially popular. It is much easier to make--and that is an important item, especially in summer.

Ice cream was the regular dessert for summer Sunday dinners in the days when we were children at home. And it was always Alfred's job to freeze it. Right after breakfast he always carried the big freezer out to a shady spot under the tree in the side yard and set to the business of turning the freezer. There was no loafing, for that cream had to be frozen and packed before time to start for church. I remember how pleasant the regular sound of that freezer crank turning round and round was to my ears. It suggested the treat that was in store for us at dessert time.

On very warm Sundays, however, Alfred's good nature sometimes deserted him.

"I'd like home-made ice cream a lot better if it wasn't such a chore to freeze it," he used to say on such occasions. "Isn't there any way to make it without wearing out an arm winding that old crank?"

I'm sure Alfred would have approved of the strawberry mousse we're having today. And I'm sure he would have read with interest the leaflet called, "Ice Creams Frozen Without Stirring." Such creams may be frozen in a mould packed in ice and salt, or in the tray of a mechanical refrigerator. Such ice creams cannot have quite the same smooth velvety texture of those prepared in a freezer with a dasher, but they are much less trouble to make and have a pleasant, flaky, crystalline texture.

Why this difference in texture in the two kinds of ice cream? In freezing with a dasher, the knife-edge cuts off the crystals as they form, and the whipping portion of the dasher beats the air into the mixture. But, in freezing without stirring, the size of the crystals has to be controlled in other ways-- by air beaten into the cream in advance, by the fillers used in the mixture, and by the rapidity of freezing. The air and the fillers get in between the particles of water, you see, and prevent large crystals from forming.

What fillers may be used in ice cream? Well, gelatin is a good one, or eggs or flour.

Heavy cream is the most satisfactory base for desserts frozen without stirring. Such cream is used in making mousses and is combined with egg whites in making parfaits. Parfait or mousse mixtures are put either in a mold packed in ice and salt or into the tray of the refrigerator and left to freeze without





more attention. The temperature in the refrigerator must, of course, be cold enough. Satisfactory freezing will take place if the temperature is 21 to 27 degrees F.

The air is put into the cream by whipping it. Heavy cream whips best, since it holds the air best and the fat is evenly suspended. Both these conditions retard the formation of large crystals. Also, the fat becomes more solid at the low temperature, thus making the frozen mixture smoother.

Put those of us who keep an eye on our pocketbooks and budgets--as wise housewives do these days--realize that heavy cream is expensive. Moreover, if used alone it seems too rich. So heavy cream is often diluted by adding evaporated milk and thin cream, or by rich milk thickened by gelatin, eggs or flour.

Sugar lowers the freezing point; therefore the sugar used in a dessert frozen in this way should be in as small amounts as possible. If syrups or honey are used for sweetening, the freezing is even easier.

If you have a good recipe for plain mousse, it can be varied in many different ways by adding or substituting ingredients of different kinds and flavors. Coffee, peppermint, peanut brittle ground up, crushed almonds, chocolate, maple or caramel syrup may be used. Or crushed fruit may be added. Be careful not to have too much thin fruit juice in the crushed fruit which you use.

Now here is the recipe for strawberry mousse. Shall we write it? If you would like to see illustrations of the process I'm about to describe to you, look on page 4 of the ice cream leaflet.

I'll list the ingredients first:

1 cup of double cream, whipped	1 cup of sugar
1 cup of crushed strawberries	2 egg whites well beaten
1/16 teaspoon of salt.	

Just five ingredients. (Repeat)

You can use these same ingredients with other fruits--fresh raspberries, bananas, and so on. Canned or frozen fruit juice may be used also. Heat the juice and thicken it before adding the whipped cream.

Four steps in preparing the mousse. First, combine the sugar and crushed fruit, and stir until the sugar is dissolved. Second, fold the sweetened fruit into the whipped cream. Third, fold in the beaten egg whites to which the salt has been added. Fourth, pour it into a tray or a mold and freeze it. When firm, it is ready to serve.

Packing a mold in ice and salt is a little more trouble than slipping a tray into a refrigerator. I would use three parts of crushed ice to one of salt, and plan to leave the mold in the freezing bucket for about four hours.





It is best not to use a mold that is very thick in shape. For an ice cream sandwich, I'd keep on hand one of the flat cracker tin boxes, with a tight-fitting lid. For any other way of serving the mousse, large baking powder cans are fine.

The important part about packing a mold in ice and salt, is to seal the opening. Melt some paraffin, dip a strip of muslin in it, and bind it tightly around the edge of the lid so that the salty water cannot leak in. Or lay a piece of thick waxed paper over the top of the cream before putting on the cover. When the cover is pressed down, the paper will hold it very tight.

#####

